

## **STATUS UPDATE: March 2007**

### **Standardized Army-wide Pregnancy/ Postpartum Physical Training (PPPT) Program for Soldiers**

- Pregnancy continues to impact Army readiness and retention levels by its sheer numbers and medical costs. In the year 2004, 15,703 active duty Soldiers delivered babies, which represented 21.6% of the total women in the Army in September 2004 (Medical Surveillance and Monthly Report, April 2005).
- Exercise during pregnancy and postpartum promotes a faster return to physical fitness levels, prevents excessive body fat gain and improves delivery outcomes. Most unit-training personnel are not familiar with leading exercises for pregnant/ postpartum Soldiers.
- A PPPT program developed and evaluated by the USACHPPM is ready for use as a mandatory, standardized Army-wide program. The USACHPPM-developed PPPT program received written endorsement from the Army Office of the Surgeon General with an updated memorandum of endorsement in 2006.
- Current status of PPPT programs is 14 Army Posts without any PPPT program, 10 offer a portion of PPPT (nothing for postpartum) and 13 with both pregnancy and postpartum portion, but continue to have issues with sustained implementation due to lack of Command support.
- AR 350-1, Education and Training, published 13 January 2006, directed pregnancy/postpartum physical training as a responsibility of CG, TRADOC; AR 40-501, Standards of Medical Fitness, published 18 January 2007, requires enrollment/ attendance in PPPT of pregnant and postpartum Soldiers upon medical clearance for Soldiers required to attend unit physical training; AR 600-9, Army Weight Control Program, and AR 600-63, Army Health Promotion text revisions have been submitted to incorporate the PPPT program as a component of the US Army Physical Fitness Program IAW AR 350-1.
- A working group, comprised of representatives from G-1, G-3/5/7, OTSG, USACHPPM, ACSIM, and IMCOM, continues to discuss proponentcy and policy changes to support an action plan for program leadership training and to coordinate Army-wide PPPT program implementation using available local resources.
- The USACHPPM will provide leader PPPT training and medical consultation to local installation PPPT program leaders upon request and based on funding availability. POC for training is USACHPPM, Directorate of Health Promotion and Wellness, 410-436-4656.